



Health at Every Size



Sustainable Agriculture

Linda Bacon, PhD

The following resources are provided as supporting material to remarks by Linda Bacon, PhD, in the debate, “*The War on Obesity: A Battle Worth Fighting?*” held at the Food and Nutrition Conference and Expo of the American Dietetic Association, September 25, 2011, in San Diego, California. The session was moderated by Christine Palumbo. John Foreyt, PhD, also presented, representing the conventional understanding of obesity.

[Hyperlinks are embedded to make this valuable as a computer file (follow the “Speaking” link at www.LindaBacon.org or visit the ADA website). URLs are provided for use in print copies.]

Almost all information presented by Dr. Bacon is supported by references in one or more of the following:

- Bacon, L., & Aphramor, L. [*Weight Science: Evaluating the Evidence for a Paradigm Shift*](#), Nutrition Journal, 2011, 10(9). (<http://www.nutritionj.com/content/10/1/9>). Peer-reviewed.
- Bacon, L., [*Health at Every Size: The Surprising Truth about Your Weight*](#), BenBella Books, 2010. (www.HAESbook.com). A guidebook explaining the science behind HAES with practical tips on how to implement it and an analysis of the research study that inspired the book.
- Aphramor, L. [*Validity of claims made in weight management research: a narrative review of dietetic articles*](#), 2010, 9(30). (<http://www.nutritionj.com/content/9/1/30>). Peer-reviewed.

HAESSM science is summarized in simple terms in the [HAES Manifesto](#), found online (http://www.lindabacon.org/HAESbook/pdf_files/HAES_Manifesto.pdf) and in the Appendix to my book (above).

Short, educational letters addressing concerns of people or groups with specific viewpoints can be found in the Appendix of my book or at <http://www.lindabacon.org/HAESbook/excerpts.html>. These can stand alone or accompany the HAES Manifesto. They include letters to doctors, school administrators, fitness trainers, people who have lost weight, people who consider size acceptance dangerous, people considering bariatric surgery, and more. You’ll also find supportive reminders that help people feel strong in implementing HAES, like the “Live Well Pledge,” downloadable in different formats, including business cards or bookmarks.

Information about diabetes and managing blood glucose, written for people who struggle with those concerns, can be viewed here: http://www.lindabacon.org/pdf/BaconMatz_Diabetes_EnjoyingFood.pdf.

Health at Every Size Community Resources, www.HAESCommunity.org is in three parts (all free): the HAES pledge—a great way to help people channel their energy and feel like they’re doing something; a registry for finding (and promoting) HAES practitioners; and a resource list. Encourage people to show their support and take advantage of the services.

A blog post addressing the sustainable-food community, “Ending Foodie Fat Bashing,” can be found at <http://www.lavidalocavore.org/diary/4617/ending-foodie-fat-bashing>, serving as a starting point for moving foodies toward advocating for good food on its own merit, rather than as a solution to the “obesity problem.”

Check out **my monthly post on the ASDAH blog**: <http://healthateverysizeblog.wordpress.com/>. You’ll find my previous posts on the following topics:

- Fat stigma – not fat – is the real enemy.
- Honey, I can’t shrink the kids – why the Obamas need a new doctor
- On the fat beat, the Health At Every SizeSM approach deserves “equal weight”

HAES Educational Podcasts (on YouTube)

- **For Individuals Wanting to Lose Weight:** http://www.youtube.com/watch?v=_PetRNq2v3A
- **Health Providers' Edition:** http://www.youtube.com/watch?v=XKILHIX2_UI

Links to most of the mentioned resources can also be found on the following sites:

- www.LindaBacon.org
- www.HAESbook.com
- www.HAESCommunity.org

Join the HAES Community

ASDAH: The Association for Size Diversity and Health, an organization for HAES professionals:
www.sizediversityandhealth.org.

HAES Community Resources: www.HAESCommunity.org

HAES-RD listserv: This is a community space for RDs and other nutrition-based professionals who endorse HAESSM to discuss what is important to us, share resources and strategies for implementing the HAES tenets in our work, empower individuals to dump the dieting paradigm, advocate for an end to size discrimination, and transform the profession. To subscribe, send an e-mail to HAESRD-subscribe@yahoogroups.com. You'll be directed to get a (free) Yahoo ID, if you don't already have one.

Linda Bacon on Social Media

- Follow me on **Twitter** (www.twitter.com/LindaBaconHAES)
- Get HAES news on **Facebook** (<http://ow.ly/4Vs5Y>)
- Join the Health at Every Size **book fan club** on Facebook (<http://www.facebook.com/HAESbook>)
- Subscribe to my **mailing list** (<http://tinyurl.com/LBmailist>)

Books in progress

Stay in touch to hear updates about publication

Bacon, Linda, & Michelle Neyman Morris, *Eat Well, For Your Self, For the World*

What can you do to live healthier, happier and longer, stabilize at a comfortable weight, clean and help preserve our natural resources, reduce global warming, ensure there is food for the hungry - and increase your enjoyment of food? This book tells you! Provocative, informative and entertaining, *Eat Well* serves as a comprehensive introduction to nutrition - and is an essential companion for everyone that needs to eat.

Bacon, Linda, & Mandy Katz, *Find Your Voice! How to Challenge Resistance and Talk Persuasively About Size Acceptance*

If you've ever tried to talk about size acceptance and met resistance, wanted to challenge body-bashing, fat-phobic or just plain ignorant comments on weight but struggled getting your message across, wished you could project confidence and authority as an advocate for size acceptance, this book is for you, designed to help you master techniques for reaching diverse audiences with the message of size acceptance.

ADA & FNCE Debate

I expect to make an edited transcript of my aspect of the talk available on www.LindaBacon.org. To find it, click on the "Speaking" link and scroll to "American Dietetic Association Conference." (No guarantees, but do check if you are interested.) The material will also likely appear in my forthcoming book, *Find Your Voice!*

For the backstory to the debate, check out this blog entry, [Put up your dukes – how HAES fought its way to the American Dietetic Association platform](http://ow.ly/6tt34): <http://ow.ly/6tt34>.

Sign a petition to get a HAES Dietary Practice Group in the ADA: <http://tinyurl.com/haesdpg>.

Note: Health at Every Size is a registered trademark and HAES is a pending service mark of the Association for Size Diversity and Health. Both are used with permission.

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